Stonewall

Stonewall, March 3.- Our community was so saddened on Friday by the sudden death of Mr Royal Harding, Sr., who passed away at his home near here. We want to extend deepest sympathy to his two sons, Bud and Royal Harding Jr. and all of his other loved ones.

Miss Berta Powell, of Richmond, is visiting in the home of Mr. and Mrs. C. M. Stratton.

Miss Winnie Lee and her classmate at Hampden-Sydney College, spent the week-end here with her parents, Mr. and Mrs. Tilden Lee.

Mr. and Mrs. Jimmy Stratton and Kay, of Covington, spent the week-end with his and her parents, Mr. and Mrs. B. D .Stratton and Mr. and Mrs. J .E .Herndon. Mr. Herndon has been very ill in the Virginia Baptist Hospital for the past week. We hope he will soon be real well and look home.

Mrs. R. H. Routon and boys, Walter Shelton and John, and Mr. and Mrs. E .L .Chick were guests of Mr. and Mrs. Wilton Routon and girls on Saturday night.

Mr. Billy Bondurant and Mr. and Mrs. Tom Davidson and two children spent the week-end with Mr. and Mrs. Wallace Bondurant, Sr. Little Edward Davidson had a birthday on Sunday. Hope he had a happy one.

Rev. and Mrs. Collie Rock had as their guest over the week-end his father, Mr .Rock, of Richmond.

There were 19 ladies of the W. M. U. who met at the home of Mrs. Marvin Taylor on last Thursday night for a covered dish supper and a mission study book. Mrs. Taylor, Mrs. C. E .Carson and Mrs. Monroe Dyke gave the book. It was so beautifully given and we all enjoyed it so much.

Mr. and Mrs. Ben Wheeler and children, of Appomattox, spent Sunday with his parents, Mr .and Mrs. Irby Wheeler.

Mr. and Mrs. Harry G .Lawson, of Charlottesville spent the week-end with her parents, Mr. and Mrs. J. Rufus Burnette.

Mrs. W .R .Stratton, of Appomattox spent Sunday in our community. Always glad to see her back home.

Mrs. Wilton Routon and girls, Marie, Betty and Kitty, and Mr. Curtis Wooten motored to North Carolina last week-end to bring home Mr. Murrel Routon for the week-end. They reported a wonderful trip.

Mrs. Hugh Tanner and Mrs. Wilton Routon spent last Tuesday in Lynchburg.

Mr. and Mrs. Pete Martin and daughter, Debbie and Mr. and Mrs. J. D. Martin were Sunday dinner guests of Mr. and Mrs. John Martin.

Mr. and Mrs. Wilson Gowin, of Appomattox were recent guests in the home of Mr. and Mrs. Aubrey McFadden and daughter.

Miss Frances Carson of Radford spent the week-end with her parents, Mr. and Mrs. George Carson.

Mr. and Mrs. James Wright and daughter, Janice, of Madison Heights and Mr. and Mrs. Dick Martin and children, and Mr. and Mrs. Harold Martin visited Mr. and Mrs. Edelle Martin Sunday.

Mr. Robert Waldecker, of Hyattsville, Md. and Mrs. Emma McFadden visited in the home of Mr. and Mrs. Aubrey McFadden and daughter last Sunday.

AMERICAN DIETS

A good basic diet is one that provides all the nutrients needed for good health in proper amounts and in proper relation to each other. Each nutrient has its own job to perform. That job may be to supply calories or to build and repair body tissue.

Meat is one of the prime items in the diet of most Americans. It is an excellent one, and one of the most important sources of high quality protein. It is also a good source of most vitamins and minerals. The function of protein is the building of body tissues. Protein is made up of amico acids, which are often called "building blocks."

Meat is the most expensive single item in most American diets. For this reason it is important for housewives to know how to judge a piece of meat in the market before they buy .This will be the subject of a later column.

Spout Spring

Spout Spring, March 3.- Miss Margaret Moon is on the sick list at this writing.

Mr. and Mrs. J. D. Martin, Jr., and daughter, Linda, of Dillwyn spent the week-end with Mr. and Mrs. Pete Martin.

Mrs. W. T. Childers is visiting her son-in-law and daughter, Mr. and Mrs. Roger Pillow and Sandra.

Duck and Stark Childers, of Appomattox and Miss Linda Martin, of Dillwyn visited Miss Dolly Ferguson during the week-end.

Mrs. Juddy Glover accompanied by Mrs. Anne Anderson were Saturday evening guests of Mr. and Mrs. Herbert Greene, of Farmville.

Mr. and Mrs. Harry Reynolds visited Mr. and Mrs. George Almond and family, of Lynchburg Saturday night.

Those who visited Mr. and Mrs. Russell Woodson Sunday evening were Mr. and Mrs. Charles Nicholas, Mr. James Nicholas, Mr. and Mrs. R. S. Fitzgerald, Mr. and Mrs. W. T. Morgan and children, Sandra, Linda and Bill, all of Madison Heights.

Mr. and Mrs. Roy M .Tolley and son, Roy Allen, of Lynchburg, Mrs. Anne Anderson and daughter, Audrey Lee, visited Mrs. Juddy Glover Sunday.

Mr. and Mrs. Dave Cyrus and daughter, Cindy, of Lynchburg, were supper guests of Mr. and Mrs. Harry Reynolds Sunday.

Truck freight rose sharply during December.

Turbine engine may lift helicopter sales.

Mandatory quotas for are predicted.

$erving you $avings on your Favorite Foods!

Week End Specials for Friday and Saturday

Tomatoes lb. 25c
Fancy and Large

Corn Fresh 3 Ears 23

Snap Beans Fresh 2 lbs. .39

NEW POTATOES 3 lbs. 23

DEL - MONTE PINEAPPLE JUICE 3 LARGE CANS $1.00

PHILLIP PORK & BEANS 2 No. 2½ CANS .39

SANKA INSTANT COFFEE 4 OZ. JAR .89

SCOTTIE FACIAL TISSUE 2 LARGE BOXES .51

ARGO SWEET PEAS $1.00 8 303 CANS

STRIETMANNS RAISEN RUMM COOKIES 1 lb. BAG — .49

U. S. Certified Maine Seed Irish Cobbl Potatoes $3.75 per 100 lbs.

We Carry A Complete Line of
- QUALITY MEATS,
- GROCERIES,
- FROZEN FOODS
- FRESH VEGETABLES
- AND DIETETIC FOODS

WEST END MARKET

Route 460 Phone 5324 Appomattox, Va

OPEN 'TIL 9 P. M. FRIDAY AND SATURDAY

On Display March 9-14

Shift On-the-Go To Any Speed!

New FORD SELECT-O-SPEED

★ 10 speeds forward, 2 reverse; shift to any speed "on-the-go" without clutching when you hit tough spots in grading-leveling work.
★ Easy finger-tip shifting up or down under load with no interruption of power. Less operator fatigue and more work output.
★ Eliminate FIVE clutch-gear shift movements in every pile-truck-pile loading cycle.
★ Save time, fuel and effort. Handle bigger jobs in every power range, no matter what the job is.
★ Available for all series of Ford Tractors.

Greatest Industrial Tractor Advance since Hydraulics . . . and only Ford has it!

PULLIAM Motor Sales

APPOMAMTTOX, VIRGINIA

From where I sit ... by Joe Marsh

Windy Gets "Collared"

A stranger walked into Pudge Barton's store the other day wearing one of those "Chesterfield" coats. When the boys saw the fancy velvet collar, they broke out laughing.

The stranger seemed to ignore them and went on about his business. He even pretended he didn't hear Windy's remark about the "big city" coat. Then, on leaving, he walked over to Windy.

"I gather you find my coat peculiar," he said. "Well, where I come from we're so peculiar we even extend a hand to strangers." With that, he shook Windy's hand.

From where I sit, the twist on the old adage is true: "clothes don't make the man." We ought to judge a man for what he is. That's tolerance, something we ought to practice every day. For example, you like coffee . . . I like a glass of beer. That doesn't make either of us "different" or anything to laugh at.

Joe Marsh

Copyright, 1959, United States Brewers Foundation

Spring comes to stay...

with a heat pump in your all-electric home

It can be blustering winter or blistering summer outdoors. But inside your All-Electric Home, the miracle of the Heat Pump creates eternal spring.

The Heat Pump needs no fuel, no flue. It gives off no soot no fumes. For it operates on two parts air and one part electricity!

In winter, it captures and concentrates heat from the outside air to keep your home cozy. In summer, it reverses automatically to gather indoor heat and disperse it outdoors to keep your whole house heavenly cool.

Year around weather conditioning is priced for all to enjoy . . . ask VEPCO how to plan a Heat Pump for your All-Electric dream home. A home that's wired, lighted, equipped to Medallion Home standards . . . your guarantee of Better Living Electrically, now and for years to come.

VIRGINIA ELECTRIC and POWER COMPANY

Building with the Top-of-the-South for half a century

ckham

...ham, March 3.- Mr. and Mrs. ...aylor, Mr. and Mrs. H .O. ...Mrs. Abner Grow, Mr. and ...harles Martin, Sam and ... were Sunday dinner guests ... T. M. Martin and Miss Martin.

...Garland Crews went to Richmond Saturday for the funeral ...sister.

...and Mrs. Ashby Martin were dinner guests of Mr. and ...G. Martin, Mr. and Mrs. Robert Ronnie and Carolyn Jo.

...Mary Buge, Wallace, Mrs. ...Dennis and Michael, and Mr. ...were visited Mr. and Mrs. M. ...y on Big Island on Sunday.

...T. Morris is spending some ...h Mr. and Mrs. T. R. Marty, Faye and Janet.

...Bunce spent Sunday night ...grandparents, Mr. and Mrs. ...martin.

...y evening guests in the ...f Mr. and Mrs. S. G. Martin ... and Mrs. Robert Morris, ...and Carolyn Jo, honoring ...G. Martin's bitbday were ...M. Martin, Miss Eunice ...Mr. and Mrs .R. B. Martin ...ley Martin, Mr. and Mrs. ...Martin, Miss Joan Martin, ...Mrs. David Martin and Pam.

...H .R. Moore, and Mr. and ...arren Crews are on the sick ...hope they will soon be well.

...W. C. Vaughan, of Lynch... the guest speaker at Trinity ...rch on Sunday morning.

...Robert Morris attended the ...s Service Guild in the home ...Elizabeth Reynolds Monday ...

...R. E. Mays visited Mr. and ...arren Crews Monday.

Miss Ann Crews spent the week-end with Nancy Moore.

Miss Mildred Moore visited Miss Patricia Phelps over the week-end.

Mr. and Mrs. L. E. Martin were Sunday dinner guests of Mr. and Mrs. Bennett Harding and family.

Rocks

Rocks, March 2.- Farmers were busy plowing last week.

A number from here attended the Training Union Group IV meeting at Evergreen last Monday night.

Rev. W. H. Elder was teaching a study of the Gospel of Mark at Central Church last week.

Loyd Richardson had charge of the prayer service on Tuesday night.

Mr. and Mrs. Robert Roach had Mr. and Mrs. Hanenkrat, of Appomattox to spend Tuesday with them.

Barbara Webber spent Tuesday night with Ruby Richardson.

Mrs. Etta Orange spent last week with Mrs. Dave Goin, who was sick.

Mr. and Mrs. Henry Dickerson, of Lynchburg spent Saturday night with Mr. and Mrs. Jim Frank Ransom and family.

Mrs. Mary Inge and Mary Edith Ransom were visiting the former's granddaughter, Marian Rose Inge, of Appomattox awhile Sunday, who was on the sick list.

A number from here attended the funeral of Mrs. Mary Georgia Goodman at the Robinson Funeral Home at Appomattox Sunday afternoon.

Mrs. D. R. Inge accompanied Cassie Baldwin to see the latter's aunt, Mrs. J. Henry Wilkerson at Southside Hospital Sunday afternoon.

Appomattox is a growing town.

Pamplin

Pamplin, March 3.- Mrs. A .J. Anoce, of Beaileton spent several days last week with Rev. and Mrs. W. M. Black.

Mr. and Mrs. Thomas Caldwell, of Lynchburg, were week-end visitors of relatives here.

Week-end visitors in the home of Mr. and Mrs. C. W. Slayton were Mr. and Mrs .Dillard Reynolds, of Callands.

Recent visitors in the home of Mr. and Mrs. Mack Inge were Mr. and Mrs. Lawrence Young, of Lynchburg.

Mr. and Mrs. E. B. Davis and daughter, Kathy spent Sunday in the home of her parents, Mr. and Mrs. W. S .Wayne, of Phenix.

Mr. and Mrs. C. W .Slayton visited Mr. Henry Slayton, who is a patient in the Farmville Hospital, on Sunday.

Mr. and Mrs. Glen Dale, of Buena Vista, visited in the home of Rev. and Mrs. W. M. Black last week.

Miss Mattie Thornton is visiting relatives in Richmond.

Mrs. E. N. Harvey was hostess to the R. W. C. of Elon Baptist Church Monday night.

Liberty Chapel

Liberty Chapel, March 3.- Mr. and Mrs. John W. Gunter and Mr. and Mrs. Bernard Childers visited Mr. and Mrs. Lawrence Hatcher Sunday in Roanoke Hospital.

Dinner guests Sunday of Mr. and Mrs. Sam Thornhill were Miss Lou Stanley, of Buckingham, Mr. and Mrs. Henry Stanley, Jr., and Wayne. Those visiting in the afternoon were Mr. and Mrs. Henry Stanley, Sr., of Buckingham.

Mr. and Mrs. J. H. Reynolds were dinner guests Sunday of Mr. and Mrs. Lonnie Reynolds. Mrs. Reynolds will be with them through this week.

Mrs. Lillie Dunaway has returned to her home in Nathalie after a visit here and in Lynchburg with relatives.

Mr. and Mrs. Bill Allen were the supper guests Thursday of Mr. and Mrs .Clayton Bryant.

Mr. and Mrs. Percy Garrette and Mrs. Willie Beale spent the week-end in Norfolk with relatives.

KITE-FLYING TIME BRINGS WARNING

Spring is just around the corner and it will soon be kite-flying time again. Gaily colored kites with their funny looking tails zipping crazily through the air is one of the first signs of spring.

Reddy Kilowatt, who works with the Virginia Electric and Power Company, also likes to fly kites.

"Kite-flying is fun," he says, "but it is always best to fly them safely."

Here are some of the safety suggestions Reddy has for youngsters who enjoy the sport as much as he does.

1. Keep your kite away from electric lines and television antennae. Select a level place that is free of big rocks, trees, fences and other obstacles, so that you will have plenty of room.

2. Never use the streets and highways When your attention is on the kite, it is awfully easy to run in front of a car.

3. Be sure that your kite string doesn't have any metal in it and that it is properly coiled.

4. Don't use wet cord, or cord wit tinsel, or cord that is made with little strands of wire. If cords like these come in contact with electric lines, you may lose your life.

5. If your kite gets caught in a tree or pole, don't climb up to free it. Your dad had much rather buy you another kite than have you hurt from a fall or from coming in contact with electric lines.

6. Never fly your kite in the rain. It will soon stop raining and you can send your kite aloft again.

New TU-104

London.- A bigger version of the Russian TU-104 jetliner has flown from Moscow to Kiev and back without landing in three hours fifteen minutes for an average speed of 450 miles an hour, according to a Moscow radio report.

The new version is known as the TU-104B. It has a longer fuselage and carries 100 passengers as compared with about 70 in the original.

Rock 'N' Roll Ban Asked

Singapore.- The Singapore National Union of Industrial and General Workers has called on the government to ban rock 'n' roll, crawl and cha-cha-cha music from the radio. It already has "lowered standards in Western countries," the union said.

McDEARMON'S Fuel KIDS

Delightful is our service, too! Your answer to the problem of wintry cold - our Fuel Oil. Call right now.

APPOMATTOX OIL Co.
GASOLINE HEATING OILS
Phone 3-4121
APPOMATTOX, VA.

Best COOK in the County

THAT'S WHAT YOUR FAMILY WILL SAY WHEN YOU START COOKING ON YOUR New ELECTRIC RANGE

EVERYTHING WILL TASTE BETTER... MEAT JUICES SEALED IN BY FAST ELECTRIC BROILING VEGETABLE FLAVORS PRESERVED BY TEMPERATURE CONTROL. AND ELECTRIC COOKING IS SO EASY...

JUST SET THE TEMPERATURE AND TIME CONTROLS—YOUR NEW ELECTRIC RANGE WILL DO THE REST.

Remember the ELECTRIC way —
...IS THE COOLEST
...IS THE CLEANEST
...IS THE SAFEST
...IS THE FASTEST
—way of cooking!

SEE YOUR ELECTRIC APPLIANCE DEALER TODAY
Ask about State features only Electric Cooking Can Give You

FREE Installation of your electric range purchased from a qualified dealer during March includes all costs of labor and electrical materials. See Your Dealer Now! FREE

SOUTHSIDE ELECTRIC COOPERATIVE

"Serving More Than 15,000 Farm Families in 17 Southside Virginia Counties"

CREWE, VIRGINIA

Aren't you glad You helped?

Red Cross was there when it was needed —because of you! Just see what your Red Cross dollars accomplished last year . . .

Services to the Armed Forces & Veterans
$32,824,308—Gave financial aid, counsel and emergency communication assistance to over 100,000 servicemen and their families *each month* in the year. Helped with 13,000 claims *each month* for veterans and surviving dependents. Maintained Clubmobiles and community centers in Korea, Europe, North Africa.

Disaster Services
$9,011,154—Provided food, clothing and shelter to 79,500 victims of 313 natural disasters in the United States. Gave rehabilitation aid to 10,150 families, repaired and rebuilt 2,100 homes.

Blood Services
$13,002,356—Collected and distributed over 2,200,000 pints of blood through nationwide network of regional blood programs.

Health, Nursing & Safety Services
$6,480,238—Gave first aid, water safety and home nursing instruction to over 2 million Americans. At year's end had over 58,000 professional nurses enrolled for volunteer service, and 21,000 first aid stations, detachments and mobile units in action.

Services & Assistance to Chapters
$4,631,430—Maintained the vital field service which co-ordinates all Red Cross activities, organizes volunteers, trains workers in handling disaster, blood, home nursing and other local programs.

Junior Red Cross
$3,093,253—Gave training in good citizenship to 20,400,000 youngsters in over 61,000 schools—through community service activities and international exchange programs.

Community Services
$1,049,499—Red Cross Chapters—working with local organizations—provided health and welfare services to ill, handicapped, aged and homeless people.

Public Information
$2,059,847—Brought news to the public of all Red Cross activities, services and programs available. Provided news about disaster emergencies, and informed the American people of need for volunteer workers and blood donors. Reported to members on how contributions were used.

Membership Enrollment & Fund Raising
$3,264,863—Carried on campaigns which enrolled 24,000,000 adult members who contributed over $84,000,000 to support Red Cross.

International Services
$191,615—Sent relief to foreign countries hit by disasters. Provided funds to help locate children and adults missing since World War II and the years that followed, and to reunite families. Sent food parcels to Americans behind the Iron Curtain and negotiated for their release.

General Management, Planning & Administration
$12,066,596—Administered and guided the entire Red Cross organization—national headquarters, four area offices and 3700 chapters—including accounting, auditing, personnel services and the training of staff workers.

Every dollar in the Red Cross financial statement represents a vital, indispensable service. To be ready for whatever needs may arise this year—Red Cross needs the support of every one of us. It's up to us to give freely—because it's our Red Cross.

Total expenditures for fiscal year ending June 30, 1958: $87,675,159

A detailed financial statement is available on request from

THE AMERICAN NATIONAL RED CROSS
Washington, D. C.